

# Let's Start Something.

Reach your personal health goals with Health Education

- > Losing weight
- > Quitting tobacco
- > Preventing & Managing diabetes
- > Preparing for childbirth
- > Breastfeeding
- > Caring for newborn baby
- > Parenting
- > Managing stress, anxiety, depression
- > Improving your sleep
- > Lifecare Planning
- > Medical Weight Management
- > KP.ORG activation
- > Personal Health Coaching



Create a personal action plan with a health educator or coach - over the phone or in person.



Find tools, videos, group classes, and information to support your health online.

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## Ready to make some changes? Let's get started.

Call us at 415-833-3450, weekdays from 9:00 a.m. - 12:30 p.m. and 1:30 p.m. - 5:00 p.m., or email at [sfhealthed@kp.org](mailto:sfhealthed@kp.org).

Visit us online at [kp.org/sanfrancisco/healthed](http://kp.org/sanfrancisco/healthed)

Our Healthy Living Stores & Outpatient Nutrition Clinics are located at Kaiser Permanente San Francisco Medical Center, 2241 Geary Blvd., 1<sup>st</sup> Floor, San Francisco, CA 94115 and Mission Bay Medical Offices, 1600 Owens St., 1<sup>st</sup> floor, CA 94158.